

**CLAIMS:**

**The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:**

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- 1: A mechanical device used to make different exercises on the ground comprising:
    - a rigid frame covered with a motionless cushion;
    - a vertical tubular bar curved at its end, wherein a pulley allows to steel wire to pass without friction inside of the pulley anchored into a rotary part, wherein turns freely by allowing to steel wire to be drawn in several directions;
    - and a belt using to join the arm wrist or leg ankle to steel wire.
  - 2: A mechanical device according to claim 1, wherein said curved part of said vertical and tubular bar comprises a rotary part wherein said pulley allows to said steel wire to pass without friction inside of said pulley anchored into said rotary part wherein turns freely in all directions.
  - 3: A mechanical device according to claims 1 and 2, wherein said small holes allow to change the adjustment of said vertical bar by blocking said bar with a pin metal wherein is inserted into the hole of said vertical bar into the other small holes at the desired position.
  - 4: A mechanical device according to claim 1, wherein said inwardly system having a spring allowing to said steel wire to be tensioned wherein said spring is fixed to a perforated frame part in a semi-circle of said device, welded to said stem having legs and joined to said movable part to said perforated frame part in a semi-circle of said device with said pin metal wherein allows the adjustment of said tensioned spring, wherein said spring end is hanged up at the end of the bar anchored into said frame of said device so as to carry out a rotation parallel with the floor, and wherein the other end of said bar is fixed to said steel wire.
  - 5: A mechanical device according to claim 4, wherein said inwardly system having said spring allowing to said steel wire to be tensioned wherein said steel wire makes two turns around of said main large pulley by giving a pulley arch effect, wherein said transversal bar is anchored to said frame of said device, and wherein said steel wire is directed towards two other small pulleys before to pass inside of said vertical and tubular bar.

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